# North Berwick International Highland Games

## Saturday 11th August 2018

## Heavy Events

## (Under S.H.G.A. Rules)

Please try and arrive on site between 12 noon and 12.30 pm and check in to receive your number and vest. If you are running late please contact me using the mobile number below.

We propose holding two events this year, one for men the other for women. Prize Money will be awarded on the following basis:

Per Individual Event: 1st place £50; 2nd place £40; 3rd place £30; 4th place £20; 5th place £10.

Overall Competition: 1st place £100; 2nd place £75; 3rd place £50

There is an Entry Fee of £0.50 for each event entered – payment can be made on the day, if in advance please make cheque payable to: North Berwick Highland Games.

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| --- | --- |
| **Events - Men** | **Events - Women** |
| Putting 16lb Ball | Weight for height - 28lb |
| Throwing 28lb weight for distance | Weight for Distance - 14lb |
| Throwing 16lb Scots hammer | Shot Put - 4kg |
| Throwing 56lb weight for height | Stone Put – 11lbs |
| Tossing the caber | Hammer – 4kg (12 to 16lb) |
| Flinging the North Berwick Stane | Caber (11-13ft) |

Return completed forms to:

North Berwick Highland Games, Heavy Events Co-ordinator,

John Bannerman, 51a Dirleton Ave, North Berwick EH39 4BL,

Mobile: 07415619838. Email: [john@bannerman.co](mailto:john@bannerman.co)

# Events Entry Form

Please indicate which specific events you are entering for.

|  |  |  |  |
| --- | --- | --- | --- |
| Men's Events | | Women's Events | |
| Putting 16lb Ball | Yes/No | Stone Put – 11lbs | Yes/No |
| Throwing 28lb weight for distance | Yes/No | Weight for Distance - 14lb | Yes/No |
| Throwing 16lb Scots hammer | Yes/No | Hammer – 4kg (12 to 16lb) | Yes/No |
| Throwing 56lb weight for height | Yes/No | Weight for height - 28lb | Yes/No |
| Tossing the caber | Yes/No | Caber (11-13ft) | Yes/No |
| Flinging the North Berwick Stane | Yes/No | Shot Put - 4kg | Yes/No |
| All events | Yes/No | All Events | Yes/No |

I agree to submit to the jurisdiction of the SHGA on all matters relative to this entry and to abide by the SHGA laws and rules for competition.

|  |  |
| --- | --- |
| SHGA Registration Number |  |
| Name |  |
| Address |  |
| Contact Phone Number |  |
| Email |  |
| Date of Birth |  |
| Tartan to be worn |  |
| Signed |  |